14 Best start

18 Soul sister

24 Guitar man

thenewhammag

issue 322 // 14 – 27 August 2015 // Every fortnight

Prevent, detect, disrupt

On patrol with the enforcers (p12)

FESTIVAL OF RUGBY 2015

Newham London

UNDER THE STARS

FOUR NIGHTS OF FREE LIVE OUTDOOR MUSIC

THURSDAY 13 AUGUST

MAXI PRIEST

ASWAD

JANET KAY

FRIDAY 14 AUGUST

SUKSHINDER SHINDA

JASSI SIDHU

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RAJA KASHIF & RUBAYYAT JAHAN

ETERNAL TAAL

HOSTED BY DJ MOSES & TOMMY SANDHU

SATURDAY 15 AUGUST

HOT CHOCOLATE

CLEM CURTIS & THE FOUNDATIONS

SOUL LEGENDS TRIBUTE SHOW

SUNDAY 16 AUGUST

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FEAT. LAURA WRIGHT

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Mayor of Newham

the newham mag

Look out for the next issue from **28 August**
View the mag online at **www.newham.gov.uk/mag**

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14 August 2015 // **issue 322**

Most people care about our borough and have pride in where they live. Those who don't and spoil things by committing crime and anti-social behaviour will not be tolerated. See how one of our targeted enforcement operations dealt with some of the issues (p12).

We have another great ticket officer for residents, this time at the Race of Champions event at the former Olympic Stadium (p31). You can also discover how actress Nina Toussaint-White is looking forward to becoming a soul sister at Theatre Royal Stratford East (p18).

If you are eligible, make sure you and your family are taking advantage of the free early education offer for two-year-olds (p14). See how guitar man Ossy Duncan is bringing music to children receiving treatment in the health system (p24).

If keeping active is your thing, find out how the East End Road Runners can help (p27), and see how some of sporting talent did Newham proud at the Anniversary Games all boroughs relay (p29).

Councillor Unmesh Desai
Cabinet member, crime and anti-social behaviour

Keep in touch with Newham Council via:

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Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

IN BRIEF //

Bell returns to Olympic Park

A new landscaped area of Queen Elizabeth Olympic Park is to become the permanent home to the iconic bell rung by cyclist Sir Bradley Wiggins at the opening ceremony to mark the start of the 2012 Games. The two metres high bronze has a diameter of three metres and weighs 23 tonnes. It is inscribed with the words London 2012 and a line from The Tempest spoken by Sir Kenneth Branagh during the ceremony.

Visitors will be able to view the bell up close from 2016 as part of a new landscaped area to the north of the Stadium.

Mayor Sir Robin Wales said: "Having the bell back in Queen Elizabeth Olympic Park so close to the Stadium illustrates our commitment to respecting the legacy of the 2012 Games."

Shingles vaccinations offered for over 70s

New figures released by Public Health England show that only around 40% of Londoners eligible for a free shingles vaccine have taken up the offer.

Shingles can be a severe and debilitating illness. It is a common misconception that if you have had chickenpox you are immune to the virus for life; however it lies dormant in the nervous system and can reactivate when the immune system is weakened.

The shingles vaccine is available year-round to those aged over 70, and once vaccinated you are protected for at least 5 years. Contact your GP for further information and to book a vaccination.

Councillors take blindfold challenge

Councillors on the walk

A group of Newham councillors took part in a blindfold walk to highlight the challenges blind and partially-sighted people face when getting out and about.

The walk took place in Greet Street, Upton Park, as part of a Street Accessibility event run by the Royal National Institute of Blind People. Councillors involved were Hanif Abdulmuhit, Tahmina Rahman, Obaid Khan and Charity Fiberesima.

The event aimed to highlight how blind people are affected by bollards, advertising boards, bins, and cars parked on pavements. The councillors walked with Newham resident Mohammed Mohsan Ali, who is registered blind. Mr Ali said: "It was good to meet the councillors and share my experiences with them. The blindfold walk offered a better understanding of how street obstacles can cause difficulty for blind or partially sighted people." For more information visit **www.rnib.org.uk/onmystreet**

Praise for Shared Lives scheme

Mr Hunt visits the scheme

Health Secretary Jeremy Hunt MP gave his seal of approval to a Newham Council scheme that provides a network of carers offering accommodation and support to vulnerable people and their families.

Mr Hunt visited the Shared Lives scheme, which helps people with mental and physical health problems or learning disabilities live as independently as possible. He met staff, carers and people supported through the scheme.

Under the programme, vulnerable people are matched to one of 45 specially trained carers across the borough. They are provided with support by staying in the home of their Shared Lives carer as part of his or her family. Placements can be for one night or several weeks.

Mr Hunt said: "Newham's Shared Lives scheme is an excellent example of how councils, communities and other organisations can work together to support some of the most vulnerable in society." For more information visit **www.newham.gov.uk/sharedlives**

News

Fallen police officers remembered

Wreaths were laid at Forest Gate Police Station on the first anniversary of the unveiling of a memorial dedicated to 23 police officers killed in action during the First World War.

The Operation Valour stone commemorates officers from the old K Division, made up of Newham, Tower Hamlets, Redbridge, and Barking & Dagenham.

Wreaths were laid by Newham Police Borough Commander Tony Nash, Deputy Mayor Cllr Lester Hudson, Cllr Unmesh Desai, Cabinet member for crime and anti-social behaviour, and Pc Imran Uddin, the youngest serving officer in Newham.

Wreaths at the Valour memorial

Out of 281 police officers who enlisted in the armed services from K Division, 22 were killed in action. Another died while on duty during the Silvertown munitions factory explosion in 1917.

Councillor Hudson said: "This memorial stone allows residents to pay their respects as well as giving officers a strong everyday connection to their fallen colleagues."

Mayor opens holiday store

Mayor Sir Robin Wales cut the ribbon at Westfield Stratford City to open travel company Thomson's first ever London-based Holiday Design Store.

The store combines personalised service with the latest technology to improve the experience of choosing and booking a holiday. It has high definition touch screens featuring destinations and hotels around the world. Customers sit in booths with relevant holiday images and video content projected on the walls.

Cutting the ribbon

Sir Robin opened the store with Jill Carter, director of retail at Thomson, and staff, many of whom have been recruited through Newham Council's employment service Workplace. It is the company's 30th Holiday Design Store and first in London.

The Mayor said: "The quality of the store, the use of innovative technology, and the commitment to employ Newham residents is impressive. As a council we look to support new businesses in any way we can."

Jailed for illegally subletting council home

A Newham Council tenant has been jailed for nine months after he was caught illegally subletting his property.

Mubato Nzabi, 48, was convicted at Wood Green Crown Court of illegally subletting the three-bedroomed council home in Ordnance Road, Canning Town. He told the council and Department of Work and Pensions he lived there with his daughter.

The court heard Nzabi had rented the property to a family since April 2013. He was living elsewhere while continuing to claim both housing and council tax benefits for that address. He was caught as part of regular checks on council properties to ensure correct tenants live in them.

Newham Council has an amnesty until 1 September for tenants illegally subletting to hand back keys without fear of prosecution. Mayoral advisor for housing Cllr Andrew Baikie said: "We take illegal subletting seriously and will take tough action against anyone we catch." To end your tenancy call **020 3373 9370**.

Challenge we must face together

This month Newham Council launches the largest consultation it has ever carried out in response to possibly the biggest challenge it has faced in recent times.

Due to the savage and unfair cuts by the Government in its funding towards the running of our services, coupled with other cost pressures, we need to save £50 million next year – meaning we will be faced with some very tough decisions.

This is why it is vital that all of us get involved in the consultation launching on Monday (17 August). It will give everyone the chance to have a say on the services which matter most to them, with the results helping to set our priorities and budget for the coming year.

> "If we are to prioritise the services that matter most, we need to ensure everyone has had the chance to have their say on what is important to them."

As one of the most deprived boroughs in the country we have worked hard to protect our services in the face of the £106 million cuts in Government funding we have already faced over the past five years. We have continued to put money back in the pockets of our residents by freezing Council Tax and offering free school meals for our primary school children.

I am proud of our history of change and innovation. For example moving our support services into one building at Newham Dockside in 2009 helped the council save around £50 million by last year. However, the cuts we are facing next year and in the coming years means we need to be even more radical and continue to break the mould in our drive to improve the lives of our residents.

So far we have been able to protect frontline services through our relentless focus on efficiency. But if we are to prioritise the services that matter most, we need to ensure everyone has had the chance to have their say on what is important to them.

Whether you fill in the questionnaire online at **www.newham.gov.uk/budgetchallenge** or by visiting one of the street stalls or consultation events we are organising across the borough, it is important as many people as possible take part. We need to tackle this challenge together.

Newham's Budget Challenge

Mayor's view

Getting in the party mood

It has been a heart warming experience seeing thousands of residents of all ages coming together to enjoy the fantastic parties celebrating Newham's 50th anniversary.

More than 7,250 people from across the borough have enjoyed giant cakes and sumptuous high teas, listened and danced to live music, seen film shows and heritage displays, and taken part in a whole host of games and activities.

Over the past few weeks I've had the pleasure of joining the crowds in Plaistow and East Ham and I loved every minute of it. I have planted flowers in a special 50 Years flower bed and enjoyed my fair share of cake. But my biggest enjoyment was seeing so many people coming together and enjoying themselves as a community.

These events, organised and supported by our eight community neighbourhood teams with local volunteers and residents, are a shining example why we are so keen to bring people closer together.

> "The events the Community Neighbourhood teams put on throughout the year are something not to be missed"

We want everyone to play a full and active part in developing and enhancing where you live through building strong and resilient communities. It is only by all of us working together that we can really tackle the issues impacting on the quality of our lives and continue to make Newham the place people want to live and work.

Judging by the fantastic response to these anniversary parties, the events the Community Neighbourhood teams put on throughout the year are something not to be missed. And by downloading our new free What's on in Newham app using the scan code below you will have the information about these in the palm of your hand so there is no excuse for missing out.

London Borough of Newham
COMMUNITY NEIGHBOURHOODS

With residents in Plaistow

The party in Stratford

The International Quarter festivities

Celebrations in Green Street

with Sir Robin Wales

The results are in...

the next steps for Newham's students

Newham's A-Level students received their results on 13 August, while those who sat their GCSEs this year will find out how they did on 20 August. We spoke to Di Gowland, Principal of Newham College of Further Education, to find out what options are available for students considering their next steps.

What sort of opportunities can Newham College provide?

"We provide the widest possible offer we can for local residents. We offer education courses including English, Maths and English for Speakers of Other Languages (ESOL), as well as courses that help you develop your professional skills and careers. These include ICT and Creative media, Coding and App development, Hospitality and Catering, Health, Social Care and Childcare, Construction, Fashion and Tailoring and Hair and Beauty. These courses will take you all the way through to higher education or into employment. We provide full-time and part-time courses as well as degree programmes, apprenticeships, employability courses and qualifications that you can study for whilst in work.

If people want to find work we can support this too. We work closely with organisations such as Newham's employment service Workplace, and we have close links with many employers, helping them find new staff, apprentices or up-skill their existing staff.

How do you decide what courses and programmes to offer?

"60% of our students are from Newham, so they give us feedback on the courses they'd like us to offer. We also use the most recent employment data, research future employability trends and skills requirements and talk to employers to find out what courses will help people find work.

How is the college preparing current students for the jobs in the future?

"We try to make sure that all of our students receive employability training and grow their 'work ready' skills whilst they are with us. Our key strengths are our excellent, knowledgeable staff and the number of employers we work with, making sure our courses provide the right skills and knowledge to help people go into work and progress their careers.

One example is our partnership with Samsung, which has enabled us to provide training in new and emerging technologies. Some of the work has been around coding, app development, and 'vendor' qualifications, which give you the technical competencies to access higher level work in the technology jobs market.

Is education still affordable for everyone?

"All education for young people up to 18 years of age is free and currently all English, Maths and ESOL courses for adults are free too. Some adults course fees may have changed and to help with this, loans are available for courses at Level 3 (A Level) and degrees. Our Newham College University Centre offers a range of higher education programmes at some of the most affordable fees in the country, and these loans are only repayable when you are earning more than £21,000 per year. The college also works hard to develop ways that will reduce the impact of costs on students. We may be able to offer financial support and bursaries, so if you have financial concerns I would encourage you to talk to our staff.

We also have our own charity, the Learning Revolution Trust, which raises money – nearly £60,000 this year – to support students who aren't eligible for loan funding or bursaries."

For more information about studying at Newham College of Further Education, visit **www.newham.ac.uk** or call **020 8257 4000.**

Further and Higher education in Newham

Newham Sixth Form College, also known as NewVIc, is located in Plaistow, and offers a range of courses, including A-levels, advanced and intermediate vocational and foundation level courses. For advice and information email **advice@newvic.ac.uk** or call **020 7473 4110**.

London Academy of Excellence (LAE) is a selective sixth form college in Stratford. Applications for September 2015 have now closed, but late applications may be considered. Email **6thform.admissions@excellencelondon.ac.uk**

The University of East London (UEL) has two campuses in Newham, in Stratford and the Docklands. **www.uel.ac.uk**

Newham Collegiate Sixth Form Centre is a specialist centre for Sciences and Mathematics based in East Ham. Visit **www.thencs.co.uk** or call **020 3373 5000.**

St Angela's and St Bonaventure's Sixth Form Centre is a joint venture between the two respective schools in Forest Gate. **www.stangelas-stbonaventures.co.uk**

Results

Di Gowland at Newham Colleges East Ham Campus

Study locally. Go far.

gsm LONDON IN PARTNERSHIP WITH PLYMOUTH UNIVERSITY

GSM London is giving the Newham community the chance to get qualified for a high-earning career on their doorstep.

"Choosing an institution that could support me back into the learning process was vital, especially after having a child and starting up my own business."

Tonisha Tagoe, GSM London student

A unique strengths-based approach in a supportive environment is helping students from all backgrounds achieve a top university degree. Students are considered on their personal motivation to succeed rather than only academic qualifications. And by adopting a teaching approach which nurtures talent, GSM London has become known as the "you can do it" local higher education provider.

A large number of GSM London students start their degree courses without formal qualifications. A third of their students have children to support and many are working. Students come from diverse communities, but they all have one thing in common: a desire to fulfil their career ambitions.

Study locally

GSM London works with and for the local communities. The majority of GSM London students have life commitments when they enter a degree. So with campuses located in easily accessible areas, students are able to live at home while studying and save on rent costs as well as benefiting from support from their network of family and friends – a real must when undertaking a life-changing university degree. The Greenwich Campus is easy to get to by public transport, so going to class is just a bus or train away from the main Newham stations.

Access for all

No formal qualifications? No problem. If you are returning to study to improve your job prospects, are returning to learning after several years of working or child-raising, or haven't formally completed your education, you can benefit from the inclusive nature of GSM London. The unique Year Zero programme equips students with the skills and knowledge needed to begin a university degree, making them academically ready and confident to begin their studies.

The foundation year is part of the degree course itself, and is made up of taster modules that give you an insight into different subjects. GSM London also offer English refresher courses for those whose English is not their first language.

More affordable than you think

GSM London's tuition fees are 33% lower than most other universities. More often than not, students pay nothing whilst they study, as government funding is available through student loans. Most students that apply to GSM London are eligible for a student loan that can cover tuition fees and living costs while studying.

What's more, with a university degree on your CV, you can earn up to 45% more (according to the Department of Business, Innovation and Skills, 2015).

Academically respected

All degrees at GSM London are awarded by Plymouth University, one of the UK's top modern universities. They prepare students for 8 of the 10 highest-earning careers such as business management, oil and gas, economics and finance.

For Alison Wheaton, GSM London CEO, it's the career-focused tutoring that makes it such a distinctive place to study: "It's not about people getting degrees, but it's actually about people getting degrees they can do something with."

Taking the next step

GSM London's Course Advisors offer help in selecting the right course, how to apply for student finance, and providing the information needed to make an informed decision.

Amira Bawazir benefited from this unique support service: "I decided to come back to education and found my Course Advisor to be really helpful and supportive. She took me through the application process giving me clear information about the course, funding and what to expect from higher education."

For expert advice and to start as early as September, call a GSM London Course Advisor on 020 3642 2289 today.

Visit gsm.org.uk

Newham's Budget Challenge

Residents will have the chance of giving their views on how Newham Council can save £50 million next year during an eight-week consultation starting on Monday 17 August.

People will be able to say which services matter most to them with the results helping the council set its budget for the coming year.

The £50 million savings the council needs to make during 2015/2016 are as a result of continuing deep cuts in its funding from Government for delivering services and other cost pressures including rising demands on its services.

Despite being one of the most deprived boroughs in the country, Newham is being the hardest hit by the Government's funding cuts. Next year the council will receive £284 less for every home in the borough, while Richmond Council, in a wealthier area of the capital, will only see its budget cut by £57 per home.

Over the past five years the council has already seen its Government funding cut by £106 million. To cope with this it has made savings in its back office services, reduced the number of senior managers, renegotiated contracts with suppliers and shared services with other councils.

Moving its support services into one building at Newham Dockside from 26 different locations has helped the council save around £50 million, through efficiencies on administration and back office functions. Many of the buildings the services had been using were becoming unfit for purpose or were expensive to run. Having one single main office ensures the council is also able to provide residents with more co-ordinated and efficient services.

The £50 million the council needs to save next year – which is more than it currently spends on street cleaning, waste collection, keeping the roads lit and running libraries combined – means it will need to make tough decisions about the services it provides in the future.

As well as residents being able to fill in the consultation online at **www.newham.gov.uk/budgetchallenge** a host of events are being organised where people will be able to fill in the questionnaire including street stalls on high streets in the borough and meetings in Community Neighbourhood centres and libraries. Council officers will also be visiting community groups across Newham. **The consultation will run until midnight 11 October.**

Newham's Budget Challenge

PREVENT, DETECT AND DISRUPT

Over two days last week Newham Council and the Metropolitan Police carried out an enforcement operation to prevent, detect and disrupt crime and anti-social behavior in Plaistow.

Operation Albion was based on intelligence from residents and Newham Council's partners to identify and target specific areas for intensive work over the two-day operation. The area was selected after residents reported environmental anti-social behavior issues including fly-tipping, street drinking and groups congregating.

> **"Law-abiding residents can feel reassured by what we are doing."**

50 officers from Newham's enforcement teams including law enforcement officers, health and safety, trading standards, planning enforcement and licensing teams patrolled five areas around Plaistow. Police took the opportunity to disrupt criminals in the area by carrying out arrest warrants, seizing alcohol, carrying out Automatic Number Plate Recognition checks and searching for weapons and tools for burglary.

Councillor Unmesh Desai, Newham's Cabinet member for crime and anti-social behavior, and Plaistow South ward councillors Aleen Alarice and Neil Wilson accompanied the enforcement teams. Councillor Desai said: "We are listening to residents and businesses who identify their concerns to us. The information they provide is the basis for operations like this. I encourage people to keep talking to us – the more we know, the better we can work to make our borough a better place to live.

"Working closely with the Metropolitan Police, we use the full range of powers at our disposal to tackle what to some may seem like low-level anti-social behaviour, but when combined can result in residents feeling unsafe.

"Operations like this across the borough will make sure that petty criminals get the message that Newham Council will not tolerate their illegal activity. Law-abiding residents can feel reassured by what we are doing."

Borough Commander Tony Nash, Newham's most senior police officer, said: "The relationship we have with Newham Council is very supportive. The results we've seen from Operation Albion and other joint operations is testament to the strong leadership of the council wanting to work with us on areas that matter to residents, especially crime and anti-social behavior."

Operation Albion was a large scale operation and involved the Metropolitan Police, Transport for London, and Newham Council's enforcement, planning, private housing, trading standards and housing compliance teams.

The operation in numbers

50 law enforcement officers took part in Operation Albion

110 waste in front garden warning notices or FPNs were issued

106 fly tips were investigated

20 fixed penalty notices were issued for littering, street trading and highway obstructions

10 people arrested for possession with intent to supply, robbery, recall to prison, disqualified driving and wanted for theft

10 notices issued to business for failing to have a trade waste agreement

10 penalty charge notices issued for not wearing seat belts or using a mobile phone

13 Community Protection Warning Notices issued for street drinking and busking

5 properties found to be in breach of Planning Enforcement Notices

2 parks swept for weapons: a saw, a screw driver and drugs paraphernalia found

1 food shop closed

1 shop sold cigarettes to an underage test purchaser

Operation Albion briefing

Drugs were recovered

Tools for burglary found

Cllr Desai and councillors join the swoops

The more information we receive, the easier it is for us to take positive action to stop crime and anti-social behaviour. You can make a report by contacting:

Newham Council at **www.newham.gov.uk** or on **020 8430 2000**

The Metropolitan Police on **101** or your local Safer Neighbourhood Team at **www.met.police.uk**

Crimestoppers anonymously on **0800 555 1111**

If you require urgent police attendance always dial **999**.

All calls to the council and police will be treated in the strictest confidence and you can make a report anonymously if you wish.

Klaudia and Lena

Attention Parents!

Free early education for two-year olds

Some children in Newham qualify for 15 hours of free early education from the age of two. Though many residents take advantage of this already, thousands more could be seeing the benefits of the scheme, and helping their children take the first steps in their education.

If your child qualifies, you can use the 15 hour allowance flexibly in a way that suits you at a range of approved nurseries, playgroups, pre-schools and Sure Start Children's Centres in the borough, as well as redeeming the allowance with an approved childminder.

Karrien Stevens is the director and manager of Little Diamonds nursery, based at the Field Community Centre in Forest Gate, which was one of the childcare providers to participate in the scheme when it launched four-and-a half years ago. She said: "When the offer started, the criteria was quite specific, but there are more children now eligible than there has ever been in the past, and more people are taking advantage of it. There are benefits for the children, because we at the nursery can have a positive input on their early development, and it gives parents more time, especially single parents, which they can use for work, study or time for themselves. I have seen the scheme make a big difference in this area."

"We show people things they can do with their children at home, so it benefits everyone"

As well as preparing children for the learning environment of school and contributing to their educational development, the free childcare offer helps develop children's social skills and independence at an early age, as well as offering them the opportunity to try new activities and have fun. Some providers can also help to ensure the learning continues at home and at Little Diamonds, the staff work together with parents. Karrien adds: "We do workshops for parents and their children here at the nursery, and we show people things they can do with their children at home, so it benefits everyone."

Klaudia Ladzinska is a Forest Gate resident, and her daughter Lena attends Little Diamonds nursery. She said: "Lena has been going to nursery since January. She enjoys playing with the other children, and some of the activities available there, like painting. I've also noticed that she understands more English, has started playing more independently, and is trying to do more for herself. It's been helpful for me as well. Lena is at nursery for three hours each day, so I can have more time for myself and time to do jobs around the house, which otherwise would be difficult."

Newham has a wide range of provision, with more than 100 approved providers to choose from. If your two-year old qualifies for free early education, they will usually start in the term after their second birthday. If we have not contacted you, but you think your child is eligible, call us on **020 3373 0980** or email **twoyearold.childcare@newham.gov.uk**

Does my child qualify for free childcare?

Your child will qualify for a free place if you get:

- **income support, income-based Jobseekers Allowance (JSA) or income-related Employment and Support Allowance (ESA)**
- **support under immigration and asylum law**
- **the guaranteed part of State Pension Credit**
- **Child Tax Credit and you have an annual income of £16,190 before tax or less, or working tax credits and earn no more than £16,190 per year.**

Children qualify in their own right if:

- **we look after them**
- **they have a child protection plan**
- **they have a disability living allowance**
- **they have a current statement of special educational needs (SEN)**
- **they have an education, health and care plan**
- **they left care through special guardianship or an adoption or residence order.**

Newham London

Attention Parents!
Free early education
For two-year-olds

Your child may be entitled to up to 15 hours of free early education per week

Find out if you are eligible
visit **www.newham.gov.uk/twoyearold**
call **020 3373 0980**

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602 Commercial Road, Limehouse Lock, London E14 7HS

REGISTERING TO VOTE
THE ANNUAL CANVASS

This month, every household in Newham will receive a Household Enquiry Form. Newham Council uses this to find out whether the information about your household on the electoral register is up to date.

It is a chance for you tell us if:

- **someone has moved out**
- **someone has moved in**
- **someone's details have changed**
- **anyone aged 16 or over is missing from the form**
- **the property is empty**
- **no one at the property is eligible to register.**

You must respond to the form, even if all the details for your household are correct. If we don't hear back from you, we will have to visit your property in September or October to find out the information we need.

You can post the form back to us for free. It will also give you details of how to fill in the information online, by phone or by SMS text message.

The form tells us who is eligible to register to vote, but it is not a registration form.

Register to vote

Registering to vote is quick and simple. It will mean you have the right to vote at elections, and being registered could also improve your credit rating. Schools may use the electoral register to check that you live within their catchment area, and we may check the register when you request a resident's parking permit.

Until 2014 the head of a household was responsible for registering everyone who lived at their address. However, under a new system introduced by the Government in June 2014, you must register as an individual.

You can register at **www.gov.uk/register-to-vote**

Make sure you have your National Insurance number to hand.

If you register to vote using **www.gov.uk/register-to-vote**, you must still provide all the information requested on the Household Enquiry form or we will have to visit you later in the year.

For more details on the electoral registration system, please visit **www.gov.uk/yourvotematters.**

YOUR VOTE MATTERS
MAKE SURE YOU'RE IN

Nina Toussaint-White

The new soul sister

Nina Toussaint-White is a regular face on our TV screens. She first made her name as Syd Chambers in EastEnders and since then has guest-starred opposite Matt Smith in Doctor Who, appeared in Holby City, and starred in BBC Three's hit comedy Uncle and supernatural drama Switch. Next up is a brand new theatre production at Theatre Royal Stratford East.

Nina is currently busy rehearsing for The Etienne Sisters, a musical production from the award-winning writer and director Ché Walker. The Etienne Sisters is a musical play and sees Nina perform alongside MOBO-winner Allyson Ava-Brown and Jennifer Saayeng, star of Ghost the Musical and Hairspray.

Though no stranger to the stage, it's Nina's first time in a live singing role. She said: "I'm a bit nervous because the other girls have a musical theatre background. I probably would have been more nervous during my audition, but it was a really busy time for me and I just burst into the room with all this energy, and it went really well.

"I've not done a lot of theatre since I graduated from theatre school. But my drama school, the Italia Conti Academy of Theatre arts, was mainly based on theatre. There was only one module on TV acting, so stage work was how you got your grades, and I love it. Theatre is why I became an actress. It's just turned out that so far I've done more TV in my career, but I'm really looking forward to this – hopefully it will open new doors for me for more theatre work."

The trio of actresses are joined on stage by pianist Nikki Yeoh, famous for her work with jazz legend Courtney Pine. Yeoh performs the play's jazz-influenced score, which Nina describes as "very soulful, with a definite old-school feel".

In an acting cast of just three, Nina has been enjoying getting to know Allyson and Jennifer. She said: "With some of my jobs I go in as a guest, and there's already a group atmosphere that has formed between everyone else, and I feel like the new kid at school. But I really enjoy the rehearsal process, and I really get on with these girls. It's such a bonus when you get on so well with the people you're working with. That's part of what I miss about theatre – being with people on stage. There's a buzz, because you've got to get it right on the night. With TV, if you don't get it right, we just cut and I can do it again! When you're on stage, you get immediate feedback from the audience."

As The Etienne Sisters is an entirely new production, Nina is enjoying getting to grips with her character. She said: "It's about family. Specifically, about three sisters, and their relationship and the struggles that people go through. The play begins just after the death of our mother, and we all meet at the funeral. You see how people connect with each other. It's quite dark and intense. I'm really excited about bringing it to life on stage. My character is pretty aggressive and has a lot of pent-up aggression, which makes her great fun to play."

Despite the dramatic content, Nina is enthusiastic about the play's appeal, adding: "In terms of who I think would enjoy it, I think it's an all-rounder. The music is really great, and it's about family. Whether you're close to your family or not, everyone has strong relationships in their lives, and everyone can relate to that."

The Etienne Sisters is at Theatre Royal Stratford East from Thursday 10 September to Saturday 3 October. Tickets start at £2.50 for Newham residents. Visit www.stratfordeast.com or call 020 8534 0310.

Newham in pictures

1 Check mate! Pupils compete in the Chess in Schools and Communities summer championships in the Old Town Hall, E15. **2** Aloha! Residents bring a little Hawaiian spirit to Newham at the Forest Gate Festival on Osborne Road, E7. **3** The lions roar! Kids enjoy the face-painting at a garden party held in Priory Park, E6, celebrating Newham's 50th birthday. **4** On the fast track! Getting to grips with a Segway at a family fun day at Buhler Sortex Ltd in Atlantis Avenue, E16. **5** I wish I was a little bit taller! Sports facilities are laid on for another of Newham's 50th birthday celebrations, on First Avenue, E13.

Newham London

£50m That's how much the council has to save next year

Due to deep Government cuts and other cost pressures, we need to save £50m from the amount we spend next year.

Go online and tell us what you think
www.newham.gov.uk/budgetchallenge

Newham's Budget Challenge

Coffee7 @ The Gate

Come along and try the delights on offer from Coffee7, the new in-house coffee shop.

Opening times:
Monday-Wednesday: 11am-5pm
Thursday: 11am-7pm
Friday: 11am-5pm
Saturday: 11.30am-4.30pm
Sunday: Closed

C7G
COFFEE7

Newham London

Newham London

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised Collection Day
Monday 31 August	Tuesday 1 September
Tuesday 1 September	Wednesday 2 September
Wednesday 2 September	Thursday 3 September
Thursday 3 September	Friday 4 September
Friday 4 September	Saturday 5 September

Most recycling collections are now fortnightly.

Household waste remains a weekly collection.

Residents should visit **my.newham.gov.uk** for their collection calendar.

recycle

visit **www.newham.gov.uk/recycling**

The first ever Green Street Festival

The Green Street Community Neighbourhood team are hosting the first ever Green Street Festival at Queens Market, E13, on Monday 31 August.

A community procession will start from Katherine Road Community Centre at 11.30am, replacing the usual traffic on Green Street with colourful and vivid banners carried by the community groups, residents and school children who have been working hard to create their artwork over the past three months.

The procession will end at 12.30pm in Queens Market, which hosts a celebratory afternoon of free activities and entertainment.

The theme for the day is 'superpowers', with interactive activities and performances throughout the day. Interactive workshops and performances will enable people to create their own individual inspiring persona, and pre-event workshops will be run by key artists in the neighbourhood in order to engage people prior to the festival and encourage them to explore and develop the themes in preparation for the event.

The festival has been organised in partnership with West Ham United Foundation, Arts Council England, Green Street Doli and Hillside Travels.

Councillor Hanif Abdulmuhit is the Community Lead Councillor for Green Street. He said: "This will be an excellent family day out, with something for everyone to enjoy. We should all be proud of this neighbourhood, and I encourage everyone to attend and celebrate their community."

For more information about the Green Street Festival, contact the Green Street Community Neighbourhood team on **020 3373 0857** or email **CN.GreenStreet@newham.gov.uk**

What's in store at Queens Market

The event will last from 12-5pm, and you can look forward to:

- **Superhero activities, including face-painting, costume-making, comic book workshops, drawing, and a workshop involving theatre, storytelling and martial arts**
- **creative learning workshops for all ages**
- **an exhibition of the local area's history, displaying before and after pictures of the Green Street neighbourhood**
- **a Kazoo Orchestra – created live on the day with uplifting & empowering songs – come along and get involved!**
- **tapestry display created by residents**
- **sports activities organised by the West Ham United Foundation**
- **international food**

London Borough of Newham
GREEN STREET
COMMUNITY NEIGHBOURHOOD

The Music Man

You may know that Newham's Every Child a Musician (ECaM) programme provides free musical instruments and tuition to school children in Years 5 to 7, but you may not know it also offers the gift of music to children receiving treatment in the health system

Orleans Duncan, known as Ossy, is an ECaM tutor and teaches at the Coborn Centre for Adolescent Mental Health, which sits next to Newham University Hospital in Plaistow. Ossy explains: "This is a residential facility. There's an intensive care unit, and there's also the area I teach in, which is a living section for young people who will typically stay for a few months until they're ready to leave."

The youngsters living at the centre receive a full timetable of classes in all subjects. Although music has been previously available, Ossy says that his model of teaching is giving youngsters a new perspective on music. He explains: "They had tried music here in the past, and it hadn't worked so well. But EcAM approached the Coborn Centre about a year ago and this new approach is working better. Kids have access to a lot

Orleans Duncan

of instruments like guitar, ukulele, and percussion. They get a chance to learn the instrument as well, as the music, and they can move on to another instrument and learn more."

Ossy has always been passionate about music. His father, also a musician, named him Orleans in tribute to the famously musical city of New Orleans, and Ossy has definitely lived up to his namesake. He says: "I can play seven instruments. I'm competent with steel pans, keyboards and bass, but my main instrument is the guitar. But I've never been to New Orleans! I was born and grew up in Plaistow, and now live in East Ham. I've spent my whole life in Newham, and I love it here."

Ossy has taught in a number of schools over the years, as well as finding time to write and perform his own music. He is enjoying the experience of working in the Coborn Centre, but his approach to music has stayed the same. He says: "I don't teach differently here to how I would in a mainstream school. The idea is that these kids, who might be having a difficult time at the moment, will go back into mainstream education as soon as possible.

> **" Music is something you keep for the rest of your life!"**

"We explore music in our lessons – we take a piece of music and break it down, and discuss composers and composition, and how a song is structured. We'll look at top chart songs and elements of music from the National Curriculum, but also jazz and classical. We have a lot of variety, and the thing about music is that it engages both sides of the brain."

Some children in Ossy's lessons have a lot of musical experience, while some have never picked up an instrument before. In any case, Ossy makes sure everyone can get involved. He adds: "I try to relay the instrument to them so they can understand. I want kids to pick things up quickly so they can feel part of a musical ensemble in the classroom. That's important, because then they're part of a team while still at the same time give them the chance to express themselves and do a short solo. In all their education, we try to give them as much information as possible, because music is something you keep for the rest of your life!"

If you want to learn more about Newham's ECaM programme email **ecam.school@newham.gov.uk** or visit **www.newham.gov.uk/everychildamusician**

Newham London

Tell us about your travel habits and help improve Newham through better local connections and neighbourhoods.

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www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Newham London

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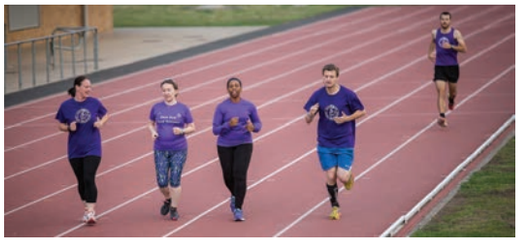
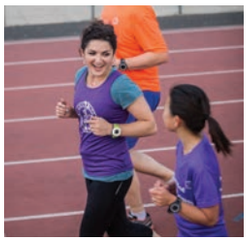
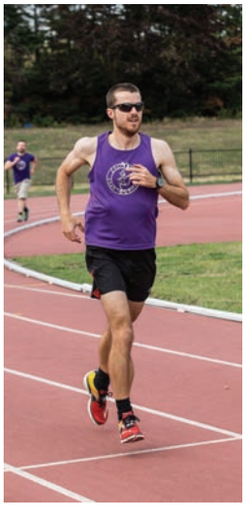
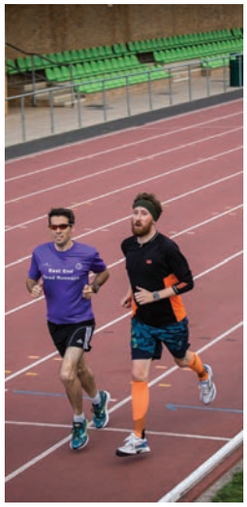
www.newham.gov.uk/doitonline

East End Road Runners









KEEP ON RUNNING

Last month 17,000 people completed the Morrisons Great Newham London Run's 10k race, from elite athletes to those running in their first ever event. Fifty of those who crossed the line in the former Olympic Stadium are members of the East End Road Runners.

The Road Runners are based at the Terence McMillan Stadium, which sits next to Newham Leisure Centre, Prince Regent Lane, E13. The club hold three meetings a week, running on the all-weather track on Tuesdays, and taking to local streets on Thursdays and Sundays.

The club caters for, and welcomes, those of all abilities, and their training sessions are led by qualified coaches and run leaders. So, if you've been inspired by Newham's Olympic legacy, why not lace up your trainers and give it a go?

For more information on the East End Road Runners, email clubsec@eerr.org.uk or call 07979 261647. For details of other running clubs in the borough, visit **www.activenewham.org.uk/athletics**

"I've been at the club nearly a year. I was nervous about joining because I thought it would be full of very athletic people running very fast, and it would make me feel worse. But I realised after the first session that it's not like that at all. There's people here from beginners to elite athletes, and everyone is incredibly supporting and encouraging." *Becca White, 23, Beckton*

"I started running in January, because I wanted to get fitter. I felt a bit self-conscious about coming to a running club, but everyone's so nice, so it's not at all intimidating." *Ravindra Akinlawon, 39, Plaistow*

"I've been coming for a year-and-a-half to get fitter and get to know some local people. This is the first time I've been a member of a running club. It's club, and it pushes you more than if you were doing it by yourself. It's a good facility here too." *Gary Hunt, 35, Canning Town*

Newham London

If you are a council tenant subletting your property, you could end up in prison.

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1 September 2015

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Adapted by **TANIKA GUPTA**

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Newham London

Paul Hamlyn Foundation

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All-boroughs relay

celebrates our 50th birthday

Some of sport's biggest names returned to the former Olympic Stadium for the Sainsbury's Anniversary Games last month. More than 100,000 spectators watched Usain Bolt storm to victory in the 100m, Mo Farah claim first in the 3,000m, as well as top performances from rising British star Dina Asher-Smith and Paralympians Hannah Cockroft, Richard Whitehead, Georgina Hermitage and David Weir.

As part of Sunday's programme a very special race was held, delivered in association with UK Athletics. To celebrate the 50th anniversary of the formation of London's 32 boroughs, eight teams of four runners competed in a 4x100m relay event. Mayor of Newham Sir Robin Wales invited the London boroughs, Newham's Community Neighbourhoods and England Athletics to nominate participants for the race, asking for representatives who symbolised the best of their local area.

Designed as a non-competitive event to celebrate the vitality and diversity of London's communities, the runners were drawn from all backgrounds, ages and abilities including wheelchair athletes, those with physical disabilities and those with learning disabilities, with medals presented to all the runners after the race by Sir Robin and Councillor Ken Clark, Cabinet Member for Building Communities, Public Affairs, Planning and Regeneration.

Friends and family of the competitors were provided with free tickets to cheer on their runners and to enjoy the rest of the afternoon and evening's events.

Maureen Egbe, 45, is a coach for Newham and Essex Beagles athletics club. She participated in the race, representing her community neighbourhood of Manor Park. Speaking afterwards, she said: "It was awesome. There was such a great atmosphere, and to know I have run at the same stadium and track as the athletes at the Olympics and this weekend's games is fantastic."

Runners from outside the borough also voiced their thanks for the opportunity. Wheelchair athlete Gary Donald performed in the opening ceremony of the 2012 Paralympics, and returned to the stadium to represent Redbridge. He paid tribute to the race, and said: "I had a fantastic day. I am immensely proud and privileged to have participated in this event."

The Newham teams

Snap-happy in the Olympic Park

A Stratford-based arts organisation have been helping local residents create digital art and take great photos in Queen Elizabeth Olympic Park.

Salmagundi Films are a not for profit organisation, who work with people of all ages and abilities and those at risk of exclusion. The Bridge E2015 project enabled residents from sheltered accommodation and parents from Ronald Openshaw Nursery Education Centre, E15 to enjoy a bespoke tour around the area, with the help of the park's mobility service. Ipads were provided as part of the project, which was funded by The Aspers Good Causes Fund administered by Newham Council.

For more information on Salmagundi, visit **www.salmagundifilms.co.uk**

Good neighbours graduate

A ceremony at St Joseph's Hospice in Hackney celebrated the graduation of 23 newly-trained volunteer Compassionate Neighbours from Newham, who are ready to go out into the community to help people who are isolated or approaching end of life.

The project, in partnership with Social Action for Health, has seen people from different backgrounds, religions and communities volunteer to be matched with someone who needs their friendship and support. The Neighbours will visit people in their own homes and help them stay connected to the community.

If you are interested in becoming a Compassionate Neighbour, or know someone who needs their help email Sally Muylders at **s.muylders@stjh.org.uk** or call **0208 525 6058**.

For more information visit **www.stjh.org.uk/neighbours**

Local historians launch new season of talks

Newham Historical Society will host its first meeting of its 2015-2016 season on Tuesday 8 September, featuring a talk on the River Lea by Richard Thomas from the Waterways Association. The society, which has been running for more than 40 years, hosts a season of speakers on a range of topics relating to local history.

Newham Historical Society meets on the second Tuesday of each month at East Ham Conservative Club, Vicarage Lane E6. The cost to attend a meeting is £2, or a year's subscription (ten meetings) is priced at £8, and includes the quarterly Newham Historian Journal. Future talks will focus on Newham's VC hero Jack Cornwell and music halls in London, among other topics.

For more information and the season's full schedule, email Chairman Bob Rogers at **bobjayrogers758@btinternet.com**

School uniform is all tied up

Ranelagh Primary School has introduced a new scheme to lower the cost of school uniform. When the new academic year starts in September, children at the Stratford primary school will only be required to wear one piece of school-branded clothing.

At the start of the Autumn term each pupil will be issued with a blue, clip-on tie, complete with the Ranelagh logo, while Year 6 pupils will be given a traditional tie, in preparation for secondary school.

Executive head teacher, Angela Tapscott, said "We want to ensure that our school uniform is both practical and comfortable, whilst at the same time substantially reducing the costs for our parents. That is why this year we will be gifting each new and returning pupil with a branded Ranelagh school tie."

Exclusive discount for the Race of Champions in the Olympic Stadium

The Race of Champions is one of the biggest events in international motorsport, featuring some of the world's best drivers. This year's Race Of Champions will take place on 20-21 November in the former Olympic Stadium in Queen Elizabeth Olympic Park, and the Newham Mag has teamed up with the Race of Champions to offer residents a 20% discount on tickets.

To purchase tickets with this exclusive discount, head to **www.raceofchampions.com** and follow the link 'get tickets', and use the password ROCNEWHAM15. Please note, this offer applies to adult tickets only and the maximum number of tickets subject to discount per booking is four. Additional full price tickets can be added to the booking up to a total purchase of nine tickets. Offer ends at 23.59 on 12 September.

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY

Achilles Emmanuel, 6

Khadija Farhan, 8

Winner

Tasneen Hossain, 9

Neha Vasoya, 10

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordsearch

Poem

The zoo of life

I am a tiny rocket being
launched up to
Space fulfilling my wishes.
I am a wheel rolling around
the room,
Finding its missing bits.
I am a cheetah racing
around the safari,
Destroying things in my way.
I am a spider using my web
to hold on to life.
I am a caterpillar transforming
into a new life.
I am a precious diamond one
of a kind.

By Furqaan Raja, 10

H	T	A	B	D	R	I	B	B	O	P	T	D	T	C	N	N	E	E	D
U	F	A	E	P	A	O	T	A	E	R	E	C	N	H	F	A	O	O	T
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R	G	A	E	C	T	R	R	N	O	M	E	R	E	C	G	L	E	P	D

Basin
Birdbath
Concrete
Drought
Garden
Ornament
Perch
Shallow
Starling
Summer
Water
Wildlife

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **East Ham Nature Reserve Open Day** – Sat 22 Aug, 1-4pm, Norman Rd, E6. Join in some exciting activities, go on a guided walk and search for mini-beasts. For more information email newhamgg@gmail.com or call 020 8470 7680

2. **Mike Edmonds Band** – Sun 30 Aug, 1.45-3.45pm. A free, live jazz concert taking place at the bandstand, at the heart of West Ham Park, E7.

3. **The Story of Money** – Tues 18 Aug, 2.30-3.30pm, Manor Park Library. Craft activity for children aged 5-12, by the Rabbits Road Institute.

CALLING ALL LEGO COLLECTORS

East Ham Community Neighbourhood will soon be launching a Lego Club, and are asking for your support. If you have any Lego in good condition that you no longer need, bring it to East Ham Library during their opening times, so it can be put to good use for the next generation of Lego-lovers. East Ham Library is open Monday, Tuesday and Thursday 9am-8pm, Wednesday, Friday and Saturday 9am-5.30pm.

TRY SOMETHING NEW... ON BOARD THE SS ROBIN

Moored at Royal Victoria Dock, the SS Robin is one of the world's oldest steam coaster boats and one of London's major attractions. You are invited to bring a picnic for a very special lunch event on board the SS Robin for families and children on Saturday 23 August, 12noon-3pm. There you will hear about the incredible story of the ship – a story of risk, determination and endurance. There's also an exciting opportunity to learn the semaphore code dance with dance group the Robinettes with live musical accompaniment. For more information email **info@createlondon.org**

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 10.30-11.30am, Beckton

Rhyme Time
Mon, 4-4.45pm, Canning Town; Tues, 10.30-11.15am, North Woolwich

Storytelling
Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Tues, 10.30-11.30am, Canning Town; Tues 11am-12noon, Fri 11am-12noon, Stratford; Thurs, 9.45-10.45am, East Ham; Thurs, 2-3pm, North Woolwich; Fri, 10-11am, Manor Park; Sat, 11.30am-1pm, Green St

Stay and Play
Support for parents and carers to develop their child through play. Term time. Mon, 10am-12noon, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots

Music and Movement
Sessions for parents/carers and children. Mon, 10.30-11.30am, Grassroots

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess, Checkers, Ludo, Pictionary and more. Term time. Thurs, 4-6pm, Custom House; Thurs, 5-7pm, Green St; Sat, 2.30-4pm, Manor Park

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Tues, 3.30-5.15pm, Custom House; Mon, 3.30-5pm, Plaistow; Thurs, 4-6pm, Canning Town; Wed, 3.30-5pm, Forest Gate

Froud Young Project (7-16yrs)
Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (5+yrs)
Mon, Tue, Wed, Thu and Fri at 3-5pm, Sat at 1-2pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 1-2pm, North Woolwich

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich; Sat, 10.30am-12noon, Manor Park

Children's Movie Matinee (0-13yrs)
Sat 3.30-5.30pm, Green St

Let's Start Sewing (7-16yrs)
Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email theteam@kefoundation.org.uk

Spelling Bee Club (7-13yrs)
Mon, Tues, Thurs and Fri, 2-3pm, Green St

Spanish Club (7-14yrs)
Weds, 4-5pm, Beckton. Email vane_macia@hotmail.es

ACTIVITIES AND SUPPORT

Time-2-Craft (16yrs+)
Sat, 10am-12noon, Stratford

Chess Club
Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham
Weds, 3.30-5pm, Green St
Thurs, 5.30-7.30pm, Stratford
Fri, 3.30-5.15pm, The Gate

Coffee Mornings
Mon, 11am-12.30pm, North Woolwich; Tues 18 Aug, 10.30am-12noon, Plaistow; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Weds 19 Aug, 10am-12nooon, East Ham; Weds 19 Aug, 10.30am-2pm, Green St; Thurs, 10-11.30am, Canning Town; Fri, 10-11am, Jeyes C.C

Do It Online (18yrs+)
Six or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon and Thurs 10am-12noon, The Gate; Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Mon, 10am-12noon, Manor Park; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 10am-12noon, Green St; Thurs, 10am-12noon, Katherine Rd C.C; Wed, 10am-12noon, Plaistow; Mon, 1-2pm, Canning Town

Knit & Natter (16yrs+)
Weds, 10am-12noon, Beckton; Fri, 10.30-11.30am, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Weds, 10.30am-12.30pm, Green St

ICT Surgery
IT advice for all ages. Mon, 10am-12noon and 2-3pm, Plaistow; Wed, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town

Love Newham app drop-in Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 10am-12noon, The Gate; Fri, 10am-12noon, Green St

Bingo Night (16yrs+)
Thurs, 6-7pm, Green St

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Happy Living Club
Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C

Safer Neighbourhood Team Drop-in
Mon 19 Aug, 6-7pm, Green St; Tues 25 Aug, 11am-12.30pm, Custom House; Thurs 27 Aug, 10-11.30am, Canning Town; Fri, 12noon-1pm, Stratford

Deafroots Deaf Club
Opportunity to learn new and exciting things for members including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242778.

Support in Action
Thurs, 12noon-4pm, Jeyes C.C

Get on Target Business Advice Surgery Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

SpEC Speaking English with Confidence
Mon, 10-11am, North Woolwich; Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Mon 10-11am, Mon 1.30-2.30pm (for people with special needs), Weds 10-11am, Thurs 10-11am, Green St; Tues 1.30-2.30pm, Thurs 6-7pm, Sat 10am-12noon, Stratford; Weds, 10-11am, Manor Park; Weds, 11am-12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House

Chai and Chat Women Group (18yrs+)
For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

Ebony East Steel Pan Academy
Tues, 4.30-6.00pm (11-16yrs); Weds, 3.30-5.30pm (8-11yrs), One Love Community Centre, 1 Bishops Ave, E13 0PU. Call 07565124701. £4, 1st session free

Friday Film Club
Fri, 2pm, Plaistow

Newham Steelband Sessions for beginners
Tues and Thurs, 6.30-8.40pm, Canning Town Caravanserai, 110-116 Silvertown Wy, E16. £4. To register call 07927 644 629

Sewing Bees (18yrs+)
Sat, 2-4pm, The Gate

Adult Reading Groups
Thurs 20 Aug, 6.30-7.30pm, East Ham, email easthamreaders@gmail.com for current book and more information. Sat, 12noon-1pm, Green St (This month's book: The Invisible Library by G. Corgan)

Rabbits Rd Institute Conversation Club
Thurs, 3-4pm, Manor Park

Together We Can Fortnightly social group
for adults under 50 who have had a stroke. Fri 21 Aug, 2-4pm, Plaistow

Community Networking Mornings Weds 26 Aug, 10am-12noon, The Gate

Writers Group
Thurs 27 Aug, 5.45-7.30pm, The Gate

Workplace Drop-Ins
Weds 19 and 26 Aug, 2pm-4pm, Stratford. For more information email rehana.b@newham.gov.uk

CYANA
Cancer You Are Not Alone, Information stall/drop-in advice session. Thurs, 27 Aug, 3-5pm, The Gate

Alcohol Awareness
Thurs 20 Aug, 3-5pm, The Gate

Gamers Group
Social club for adults with Asperger's Syndrome (AS) and High Functioning Autism (HFA). Thurs, 27 Aug, 1-3pm, Plaistow

Table Top Sale
Sat 29 Aug, 9am-2pm, Jack Cornwell C.C. £5 per table.

Life in the UK Classes
12 wk course. Call Franklyn on 02085423904 for information. Weds 12.30-2.30pm and Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green Street

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk

Meet and Greet Mums, Bumps and Babies

Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Mums2be Meetup
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Royal Docks Learning & Activity Centre
Mon, Needlecraft, 10am-12noon, £2. **Tues,** Parent and Toddler Group, 10am-12noon, £1; Bingo, 10am-12noon, £1 **Wed,** Keep Fit, 10-11am, £2 Employment 1-2-1 support, by appointment. Creche available **Thurs,** Tai-Chi, £2, first session free, 10.30am-12noon; Line Dancing, £1, first session free, 1-3pm; **Mon-Fri,** After School Club for Gallions, Britannia Village, St Joachim's and Drew primary schools. **Mon-Fri,** Open Access After School Club, 4-6pm, £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7476 1666. Visit www.rdlac.org.uk.

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs)
Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Martial Arts (16yrs+)
Tues, 5-6pm, Jack Cornwell C.C

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Newham Shoujin Karate
Fri, 6-7pm and 7-8.30pm. Sun, 10-11am. Under-15yrs £4, 18yrs+ £6, concs £5. Newham Leisure Centre, E13. Call 07508 070 638

Docklands Shoujin Karate
Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15s £4, 16+ £6, concs £5. UEL SportsDock. Call 07766 685 689

Stratford Judo
Competition training, juniors (8-14yrs), Tues and Thurs, 6.30-8pm; seniors (15+yrs), Tues and Thurs, 8-9.30pm. Beginners, juniors (8-14yrs) Wed, 6.30-7.45pm; seniors (15+yrs), Wed, 7.45-9.15pm. From £2-£5 per class. Carpenters and Dockland Centre, 98 Gibbins Rd, E15. Call 07985 601 260

Intense Fitness (14yrs+)
Workouts, boxing and wrestling. Fri, 8.30-10pm. £5. The Hartley Centre, E6. Call 07878 253 642

HEALTH AND FITNESS

Janice's Fitness
Mon, 7.15-7.45pm, flatter abs, £3, The Hartley Centre, E6. Call 07818 000 643

Twisted Pink Street Dance
7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. £3. Call 07961 544 017

Zumba fitness
Mon and Weds, 7-8pm, £5 and £4 for 2nd class. Vicarage Ln Community Centre, Govier Cl, E15. Call 07500 898 665

Zumba
Weds and Thurs, 7-8pm, London Tamil Sangam Centre, 396 High St North, E12 6PG. £5. Call 07720 805 505

Unity Zumba
Mon, 8-9pm, Hartley Centre, Barking Rd, E6. Tues, 8-9pm, St Mark's Centre, Tollgate Rd, E6. Weds, 8-9pm, Hartley Centre, Barking Rd, E6. Thurs, 8-9pm, St Mark's Centre, Tollgate Rd, E6. Sun, 6.30-7.30pm, The Well Community Centre, Vicarage Ln, E6. £5. Call 07886 884 573.

Let's Yoga
Thurs, 6.30-7.30am, Grassroots, £5; Sat, 10am-12noon, Jeyes C.C, £1; Wed, 7-9pm, Jeyes C.C, £1; Thurs, 7-8.30pm, Field C.C, Free

Lee Valley Cycling (12-25yrs)
Wed, 4.30-6pm, Lee Valley VeloPark, £5 or £50 for 12 wk course. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Indoor Tennis
Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Mini Tennis
Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs; Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs. £50 for 10 sessions. Email michelle.daniel@activeNewham.org.uk

Outdoor Tennis (14-25yrs)
Fri, 5-7pm, Stratford Park. Email michelle.daniel@activeNewham.org.uk

Tone-Tastic (18yrs+)
Mon, 2-3pm (free), Fri, 10.30-11.30am, (£1.50), Field C.C

Salsa Dancing (18yrs+)
Tues, 11.45am-12.45pm, Field C.C

Ballroom Dancing (18yrs+)
Thurs, 2.30-4pm, Field C.C

Athlefit
All ages and abilities. Wed, 11am-12noon, Jack Cornwell C.C

Zumba
All ages and abilities. Tues, 10.30-11.30am, Field C.C (£1); Mon, 9.30-10.30am, Jack Cornwell C.C (£3); Fri, 9.30-10.30am, Jack Cornwell C.C (£2, over 50s free).

Aerobic Exercise
Workout and body stretching Tues, 9.30-10.30am, Jack Cornwell C.C. £2

Zumba fitness with Jess
Tues, 5-6pm, Focus E15, Brimstone House, 10 Victoria St, E15 4NX (Free); Sat, 10.30-11.30am, Weds, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE, £2.50. 07884951484

SalsaPam Zumba (11+)
Mon 6.30-7.30pm, Thurs 6.30-7.30pm, Queens Rd West Community Centre, E13 0PE. £5 per session or £25 for a one month pass (approx. £3 per class)

Mash It Up, Dancehall fitness Mon, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE. £2.50. 07884951484

Nordic Walking
Wed, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429; Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13; Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6

50+ ACTIVITIES

Get Active, Get Healthy – Walk to the Park
Mon, 10.30-11.30am, Manor Park

Age UK East London Nordic Walks (18+)
Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

Health Walks
Mon, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120. Tues, 10am, meet at Pret a Manger at Stratford Station. Call 0300 124 0123. Tues, 1.30pm, meet at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 0844 414 2728. Wed, 10.30am, meet at Hamfrith Centre, McGrath Rd, E15. Call 07870 291 120. Thurs, 1.30pm, meet at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744

555 Thurs, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120 Fri, 10.30am, meet at St Mark's Community Centre, Tollgate Rd, E6. Call 07908 744 555

Newham Striders
Daily walking group
Call 0300 124 0123.

Young at Heart Bingo Club
Mon, 12noon-4pm, £1. Jeyes C.C

Ballroom Dancing
Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463

Active Centre Bingo (50+yrs)
Thurs, 7-9pm, Jack Cornwell C.C; Mon, 12noon-4pm, Jeyes C.C

Over 50s club
Thurs, 10am-12noon, Beckton

ICCAN
Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C

Active & Connected
Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855

Active Centre 50+ Group
Weds, 12noon-4pm, Field C.C

Dominos Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Fifty Plus Men's Group
Tues and Thurs, 2-5pm, Katherine Road C.C

Forever Young
Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

Tea Dance
Weds 19 Aug, 1-3pm, St Mark's C.C. £1.50

Pilate Classes
Tues, 9.30-10.30am, Field C.C

GREEN

Green Gym
Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Grow Together Be Together Community Gardening Club
Wed, 10am-1pm. Sat, 1pm-3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering
Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

Stunt & Tumble (14yrs+)
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+)
Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Julie's Mums On The Run
Wed, 10-11.30am, £5, or bring a friend and both pay £4 each. Abbey Lne Park, E15. Call 07961 374 772

Zumba fitness with Jess
Thurs, 10.15-11.15am, Stratford. £4. 07884951484

Sheila Yummy Mummy Buggy (16+yrs)
Mon, 10-11.30am, £5, Central Park, High St South, E6 (meet outside café in the park). Fri, 10-11.30am, Plashet Park, Plashet Grv, E6. Call 07908 614 958

Women's Badminton
Fri, 1-2.30pm, East Ham Leisure Centre, E6, £2, equipment provided. Call 07930 162 505

Women United AFC (11yrs+)
Mon (term time), 6-7.15pm, £1, Kingsford School, E6. Call 07792 932 979

Zumba and Tone
Tues, 1.15-2.15pm, £1. St Bartholomew's Church Hall, Barking Rd, E6. Call 07944 775 679

Women's Martial Arts (16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250.

Women's Bootcamp Circuits Mon, 6.30-7.30pm, Chandos East Community Hub, E15. £4. Call 07956 944 252

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs. £4.65. Newham Leisure Centre.

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 0300 124 0123

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs)
Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families Dealing with Autism
Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Support In Action (18yrs+)
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647

West Ham Park Run
Sun, 11am. Meet at Central

Park Keepers Lodge. Call 020 8257 4505

Run England
£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394 874

SPORTS

Newham and Essex Beagles Athletics Club. Mon and Wed, 6-9pm. Foundation Groups (8-10 yrs), Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. Visit www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Fencing with Newham Swords Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Indoor Cricket (8-16yrs)
Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Woodside Badminton Club
Fri, 7.30-9.30pm, intermediate and club standard. £5 waged/£3 unwaged. Carpenters and Docklands Centre, 98 Gibbins Rd, E15. Call 07956 150 240

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am- 12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Newham All Star Sports Academy (NASSA)
Sessions £1 unless indicated. Juniors, Fri, 4-6pm Cumberland School, E13. National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm, Rokeby School, E16. National league U18yrs, Tues, 8-10pm, Rokeby School, E16. National league U13yrs, U14yrs, U16yrs, Thurs, 6-8pm, SportsDock. National league U18yrs, Tues, 8-10pm, UEL SportsDock. Junior boys and girls, Sat, 10.20am-12.20pm, UEL SportsDock, £2. Call 07703 503 995. www.nassasports.org.uk

Youngbloods Basketball
All sessions cost £1.
U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6.
U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm, St Angela's School, E7.
U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm, St Angela's School, E7. U15/16yrs boys, Tues, 6-8pm, St Angela's School, E7. Thurs, 8pm, St Bonaventure's School, E7. U17/18yrs boys, Mon and Wed, 8-10pm, St Angela's School, E7. Call 07958 307 657

COMMITTEE MEETINGS

Mon 24 Aug, Newham Partnership – Community Safety Partnership Executive Group, Newham Dockside, E16, 11am

Thurs 3 Sep, Mayoral Proceedings, Newham Town Hall, E6, 9am

CONTACT THE MAYOR

The Mayor does not hold surgeries in August. Email him at mayor@newham.gov.uk or write to: The Mayor, LBN, 1000 Dockside Road, E16 2QU.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813

LEISURE & SPORTS VENUES

Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15 020 3373 0650
The Hartley Centre 267 Barking Rd, E6
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 8548 9788
Katherine Rd Community Centre 254 Katherine Rd, E7 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6 020 7511 1214
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
The Well Community Centre 49 Vicarage Ln, E6, 020 7586 7070

All listings may be subject to change. Please contact individual events and activities before attending.

NHS
Newham
Clinical Commissioning Group

The walk-in service at Vicarage Lane Health Centre will close on 31 August 2015

All other services at Vicarage Lane Health Centre including the five GP practices remain open

From 1 September where can you go to get medical advice?

- **Ring your local GP** to make an appointment. **Not registered?** Visit the NHS Choices website (www.nhs.uk) for details on how to register.
- Many common illnesses such as coughs and colds can be easily treated by **visiting your local pharmacist.**
- If it is out of hours **call the Newham out of hours GP service on 020 7511 8880**. A doctor will offer advice over the phone and will be able to direct you to the best service for you to receive care.
- If you're still unsure or need urgent medical advice **call the NHS 111 number**. This service is available 24 hours a day, seven days a week. If you have an urgent, life-threatening condition, **call 999.**

For more information, please visit
www.newhamccg.nhs.uk/vicarage-lane-wis
or call us **020 3688 2300**

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